



EXETER HEALTH DEPARTMENT

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WEST NILE VIRUS

On August 8, 2017, two batches of mosquitoes from the City of Manchester tested positive for West Nile Virus (WNV). There have been no positive tests in the Town of Exeter at this time, and no humans or animals have tested positive for WNV or Eastern Equine Encephalitis statewide. This notice is to serve as a reminder that residents and visitors need to take preventive measures to limit exposure to mosquito bites while enjoying the outdoors.

Some effective measures to take for your and your family's protection include...

- Using insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-methane-diol products are recommended by the CDC. These work best when used according to label instructions.
- When weather permits, wear long sleeves, long pants, and socks outdoors. Mosquitoes can still bite through thin clothing, but some repellents meant for clothing, such as permethrin, can add extra protection. Do not apply permethrin directly to skin.
- Take extra care during peak biting hours, usually between dusk and dawn.
- Install or repair screens to keep mosquitoes from coming indoors.
- Reduce breeding sites by emptying standing water from buckets, pool cover, flowerpots, gutters, birdbaths, etc. Mosquitoes can breed in puddles of standing water that has been left for as little as 4 days. Discarded tires should be disposed of properly, as they provide excellent breeding conditions for mosquitoes.
- While live or dead birds are not known to directly transmit WNV, report dead birds to local authorities – dead birds can sometimes be a sign that WNV is circulating in the area.

Symptoms of WNV usually appear within a week after being bitten by an infected mosquito. Some symptoms may include flu-like illness, including fever, muscle aches, headaches, and fatigue. According to the CDC, about 1 in 5 people infected will show some symptoms of the illness and about 1 in 150 people infected can go on to develop a more serious central nervous system disease, including meningitis or encephalitis. If you or someone you know is experiencing flu-like symptoms including fever and headache, contact your local medical provider.

Anyone with questions about WNV/EEE can contact the NH Bureau of Infectious Disease Control at 603-271-4496. More information is also available at the Exeter Health Department at 603-773-6132, the New Hampshire Department of Health and Human Services website, and the Center for Disease Control and Prevention.